

# Does getting a breast reduction affect breastfeeding?

Breast reduction can be a significant, life-improving treatment for women who experience the physical and psychological suffering of having enormous breasts. Even if there are certain risks associated with the treatment, it is still found as a secure and reliable way to have smaller, more comfortable, and more aesthetically pleasing breasts. With the use of implants or fat transfers, breast augmentation surgery alters the appearance of your breasts. If you are worried about [does getting a breast reduction affects breastfeeding?](#)

In this blog, we will try to give some information that help you to make a prominent decision.

## Does getting a breast reduction affect breastfeeding?

Yes, after getting a breast reduction surgery you can breastfeed your newborn, but due to the deduction of some crucial tissue, there is a risk that the treatment will affect your capacity to produce enough breast milk. Women who become pregnant after more than five years of this reduction surgery typically do not face any problems. They are well capable of producing sufficient milk.

## Healing Time

After breast reduction surgery, the nerve might take up to two years to regenerate the new tissues and become functional. Nerves, hormones, and ducts form a feedback loop that helps in breastfeeding. The quantity of production of milk delivered to the infant might be impacted by any disruption to this loop.

However after delivery, the nerves may retrain themselves to function properly, and the ducts can begin to function. To foster the recanalization of the nerves, it is crucial to empty your breasts right away and then let them fill up.

## Some Tips & Tricks for the Breastfeeding Mom

- After breast reduction surgery, it's crucial for women to employ strategies to improve milk production. The first two weeks after delivery are the most crucial for breastfeeding; when you feed the baby more frequently, the breast is stimulated more, so try to increase its ability to produce milk.
- Feed your infant frequently. At least 8 to 16 times in a 24-hour period, nurse every two hours during the day and every three to four hours at night. If your child refuses to breastfeed, You can use a good quality breast pump to keep up this stimulation if the infant won't latch.

- Spend roughly 20 minutes in skin-to-skin contact with your infant following feedings. Use relaxation techniques to keep yourself stress-free which will help to boost breast milk production.
- Use all available ways to boost milk production, including nursing, pumping, breast compression, relaxation techniques, herbal remedies, and prescription drugs if necessary.
- Emptying the breast is crucial to boosting milk production. Use the breast compression while feeding to drain the breast.
- It is important to consult with a lactation specialist to gain more knowledge and support at this time because they have experience and treat women who have undergone breast reductions with nursing.

### **Conclusion**

In conclusion, the impact of breast reduction on breastfeeding varies from person to person. Many women successfully breastfeed after the procedure, but it's crucial to consult with a knowledgeable healthcare professional to discuss your expectations and explore strategies to optimize your breastfeeding experience. If you can go with the proper planning and guidance you may get better results and achieve your breastfeeding goals.